

RQW 1984-1986

Overall Summary

Rita was involved in the Explorer program over an extended period of time. These sessions cover a period of January 1984 through August of 1986. Not only was Rita an explorer but also had the primary role as the monitor to several other explorers. There is a session dated 1987 but that seems to be an error. The monitors who guided her are varied and include Bob Monroe, Mike George, Martin Warren and others.

Rita's sessions are often spent resolving internal conflict that prevents channeling and creating a connection with the channeled entity. Much of this internal conflict results from Rita's childhood and many years as an investigator. Her skills as an analyst and interrogator served her very well in her previous profession and even currently as a monitor but seem counterproductive to being a channel.

The entity resorts to heavy and overt measures to gain the attention of Rita in an attempt to wake her up spiritually. The lesson learned in these sessions might be how to become an effective channel for the entity. There is dialogue with an entity but the majority is a discussion of how better to facilitate channeling. One thing to note is the long periods of time, weeks or months, between Rita's sessions. Perhaps to become an effective channel requires consistent practice over a period of dedicated time.

In Rita's sessions, she will only discuss a single topic because so much of the time is spent making contact. What is notable is some of the same phrase words like "aspect" are used. These key words are similar to the channeled sessions from IMEC. It would be hard to not be influenced by content from the other explorers.

The best sessions are:

Session 7 is pivotal in discovering the purpose and intent of the energies. The question is asked why the entity is spending time with the explorer. The answer is they were attracted to the lab because of the desire to exchange information. The information can be exchanged if questions are asked.

Session 8 "Dealing with Aspects" where evaluating aspects are discussed. The other good session is number eleven "Manifest Help." This session discusses manifesting but offers little in the way of information in how to do it.

Session 12 is excellent.

Rita struggles to make contact and this struggle is perhaps the same struggle we all face in learning to be sensitive to our spiritual nature. On a practical level, learning to be aware and sensitive to the subtleness of spiritual energy also makes us aware of the objective world and the people who are physically present in our lives.

Report by Daniel Erickson